

Effect of upper extremity exercise and respiratory training on the quality of life in patients with Chronic Obstructive Pulmonary Disease in Velayat Hospital, Qazvin, Iran

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*Abstract

Background: Chronic obstructive pulmonary disease (COPD) is a major public health challenge and also the leading cause of death in the world. Evidences indicate that this disease ranking will be rising from 4th to 3rd until 2020.

Objective: The purpose of this study was to compare the effect of upper extremity exercise and respiratory training on the quality of life in patients with COPD.

Methods: This randomized clinical trial study conducted in Velayat Hospital in Qazvin with COPD patients (n=75) in 2017. After dividing the participants into three groups (n=25), demographic information and St George's quality of life questionnaire were completed. The upper extremity exercise group attended in 12 exercise sessions and the respiratory training group received respiratory trainings for one month, as well. Data were analyzed by independent t-test, one-way-ANOVA test, and Paired t-test.

Findings: The upper extremity exercise group had a higher quality of life than the respiratory training group (P=0.001).

Conclusion: Upper extremity exercises have been effective in increasing the quality of life of these patients. Therefore it can be used as a supplementary non-drug therapy.

Keywords: Exercise, Upper extremity, Breathing exercise, Chronic obstructive pulmonary disease (COPD), Quality of life

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